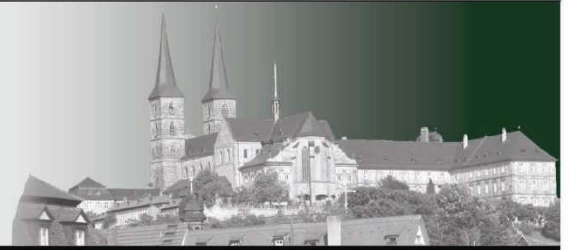




# WARNER WEEKLY

News & Information at Your Fingertips

www.bamberg.army.mil / Fri. August 29, 2008 / VOL. 3, Issue 34



## Bamberg team wins Army energy management award



Story by Trecia A. Wilson

In an era of ever increasing oil prices and questions about America's commitment to the preservation of the environment, United States Army Garrison Bamberg has made an energy savings slam dunk thanks to the efforts of a small group of men from the Department of Public Works.

The award was the Energy Efficiency and Energy Management Award from the 30th annual Secretary of the Army Energy and Water Management Awards and the men are Dieter Gerber, Energy Manager and Chief of the Operation and Maintenance Division, Juergen Engeter, Privatization Engineer and Reinhold Schiller, Mechanical Engineer. Their efforts achieved an energy savings totaling 38,000 million British thermal units.

A combination of deployments and mild winters helped to contribute about half of the savings, 19,000 MBTUs, but that still translates to a monetary savings of \$450,000 for the year. Between the monetary savings and saving energy, which in turn improves our environment, these men have made a huge impact for USAG Bamberg.

The work of these men was lauded by many including Diane Devens, Director of United States Army Installation Management Command Europe, who said, "Great work by a great team!"

The energy savings were accomplished due to the improvements in two major areas: better management of unoccupied buildings and optimization of the heating systems.

(Continued on page 10)

Juergen Engeter (front row l to r), Dieter Gerber and Reinhold Schiller of the USAG Bamberg Department of Public Works receive the Energy Efficiency/Energy Management Award from at the Department of Defense All Hands Energy meeting in Phoenix, Ariz. Aug. 6. Also shown is Alex Beehler, Assistant deputy Under Secretary of Defense from the office of Environment Safety and Occupational Health. (Courtesy photo)

## 16th SB celebrates Women's Equality Day

By Sgt. 1st. Class Adam V. Shaw  
16th SB Public Affairs

This year's Women's Equality Day was the 88th anniversary of women's right to vote.

portray the importance of the vote, not only for men, but for women as well."

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 16th Sustainment Brigade here celebrated Women's Equality Day with singing, a saxophone rendition, a poem and a historical narration of the women's suffrage movement at the Morale, Welfare and Recreation Theater, Aug. 26.

"I think it is important that we remember the struggles of so many women in history that made it possible," said Staff Sgt. Melissa Doak, event coordinator and human resources sergeant, Headquarters and Headquarters Company, 76th Brigade Special Troops Battalion. "This year, because it is an election year, I wanted to

For the participants, the event highlighted the equality between the sexes.

"It shows the strength in women," said Spc. Jocelynn Clary, supply specialist, 16th Sustainment Brigade. "It also shows that we are just as capable as men."

(Continued on page 3)



**CAUTION ALL DRIVERS!! SCHOOL HAS BEGUN!**  
Please watch for children crossing the streets!



# Formerly-deaf signal Soldier reenlists in Iraq

Photo and story by Sgt. Keith M. Anderson  
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — When he was three years old, Walter Ashcraft got tonsillitis. The infection spread to his ears, and ate holes into his eardrums.

He lost his hearing, and had to undergo eight surgeries, along with speech therapy classes to learn to speak. Ashcraft was deaf until he was eight years old.

The 22-year-old sergeant from Tucumcari, N.M., said teachers thought he was behind growing up because he couldn't hear very well, or speak without a lisp.

"It got to the point they thought I was mentally retarded," Ashcraft said.

Ashcraft, a network systems operator and maintainer, Bravo Company, 16th Special Troops Battalion, 16th Sustainment Brigade, reenlisted in front of brigade headquarters at COB Q-West Aug. 15, his second reenlistment in "the desert," and another hurdle overcome for the resilient Soldier.

"Life is a like riding a bicycle," Ashcraft said, paraphrasing Albert Einstein. "In order to stay up you have to keep moving forward."

Although he had a high grade-point-average in high school, getting in the Army was difficult, because he still had significant hearing-loss.

The outgoing, six-foot seven-inch Soldier faced another obstacle after his first marriage failed during his first deployment. But he kept moving forward, in his words. He



*Sgt. Walter Ashcraft, a network systems operator and maintainer, Bravo Company, 16th Special Troops Battalion, 16th Sustainment Brigade, reenlists in front of brigade headquarters at Contingency Operating Base Q-West, Aug. 15. It was Ashcraft's second reenlistment in "the desert," and Ashcraft was one of two people that reenlisted for the brigade's first reenlistment ceremony since arriving in Iraq, July 26 from Bamberg, Germany.*

remarried, and now has an eight-month-old daughter, Jade.

Ashcraft said his wife, Lindsay Buffalo-head-Ashcraft, a Navajo, supports his decision to reenlist.

"She said that if that's what I wanted to do, she'd support it," Ashcraft said. "If she had her choice, though, I'd be at home all the time."

Ashcraft was described as essential to the organization by his co-workers and leaders.

"He's truly an outstanding Soldier and he's an asset to the brigade," said Sgt. 1st Class Delia Villa, joint node network pla-

toon sergeant, Bravo Co. "He has the makings of a great future leader."

Ashcraft was grateful for his time in the service, and said the Army is a good career choice.

"I think people should join because it brings character," Ashcraft said. "It lets people know who they really are. And it is an opportunity to progress, to get out in the world and experience it."

Ashcraft's reenlistment was part of the first reenlistment ceremony for the sustainment brigade from Bamberg, Germany, since arriving in Iraq, July 26.



**Lt. Col. Gary A. Rosenberg**  
U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
**Renate Bohlen**

Warner Weekly Staff  
**Trecia A. Wilson (editor),**  
**Britta Vasquez and Sibylle Schmitt**

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subject to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)

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# Exposure biggest factor in professional advancement

Story and photo by Trecia A. Wilson

Professional Presence was the day's topic during the Women's Equality Day presentation by Perry Blake, Chief, Civilian Human Resource Agency-Europe.

The forum was a synopsis of the dos and don'ts on how to put your best foot forward in the professional arena.

Too often we let our guard down and behave at work as though we are in a casual social gathering. Although Blake didn't recommend being a staid stuffed shirt employee, he did emphasize the importance of guarding your reputation, wearing the right clothing for the job, the proper behavior in an office setting and many other critical elements for maintaining a professional atmosphere.

Blake also pointed out that being pleasant to your superiors, peers and customers is of paramount importance. Being negative never helps anyone and sometimes the



*Perry Blake, Chief, Civilian Human Resource Agency-Europe, spoke to about 20 men and women at a workshop in support of Women's Equality Day 2008. Photo by Trecia Wilson*

positive attitude you have will make the biggest difference in whether or not you get a promotion or a returning customer.

One of the most surprising bits of knowledge Blake shared was the ratio of the

items that affect one's upward mobility in employment. The three primary items are performance, exposure and image.

Although most attendees voted that performance should have the biggest impact, they were all surprised to find out that exposure comprised 60 percent of the chart. Performance, which filled only 10 percent, refers to doing your job more than how well you did the job. Image, comprising 30 percent, refers to what your appearance and behavior are while at work. Exposure refers to being seen. In essence, being noticed by the right person at the right moment played the largest part in people's promotions.

"It may be that you are doing your best job and dressing in an appropriate manner, but you are never being seen by the people who actually control promotions," said Blake. "It does you no good if you don't also make sure that your efforts are seen and acknowledged by people who can make a difference."

## 16th SB

*(Continued from page 1)*

Clary, 21, from Woodbridge, Va., sang in the celebration and said it was the first time she had ever sung in front of an audience.

"I was nervous at first, but by the end, I felt like a diva," said Clary.

For one of the two male participants, participating in the event was an opportunity to show his support of women's equality.

"I was just trying to show support," said Pfc. Chad Henson, property book clerk, 16th SB, who played the saxophone. "I was honored and privileged to be part of the celebration."

One Soldier wrote a poem to commemorate the event.

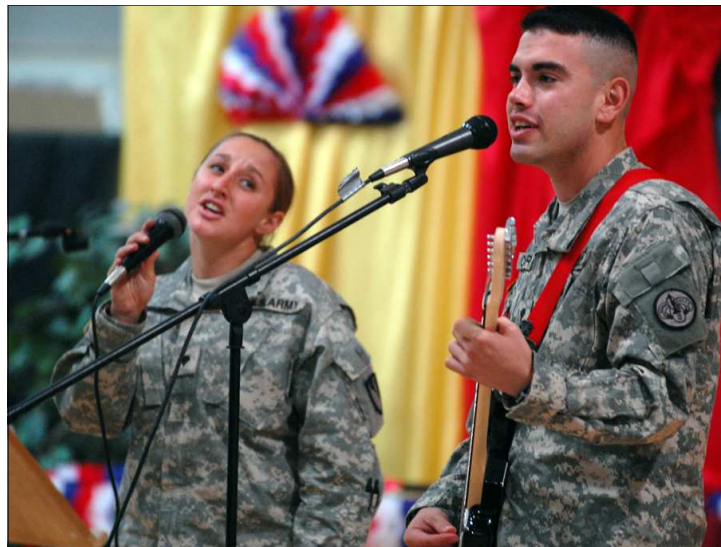
"Women's freedom, that's what inspired me to write my poem," said Spc. Jessica McFadden, human resource specialist, 16th SB. "I'm signing autographs this week."

McFadden, 24, from Columbia, S.C., wrote "God's letter to a woman" and said she was amazed by how far women have come over the past century.

"Women have come a long way to show that we are equals," she said. "We very nearly had a woman president. That would have been unheard of 100 years ago."

The celebration wasn't just for women though.

"Women are the backbone of our country," said Spc. Edward Churbee, generator mechanic, 1st Squadron, 3rd Armored Cav-



*Spc. Shallie Golding, senior wheel mechanic, 572nd Mobile Augmentation Co.; and Spc. Edward Churbee, generator mechanic, 1st Squadron, 3rd Armored Cavalry Regiment; perform Churbee's original song, "With Hands Clenched Tight," at the Women's Equality Day Observance at the Q-West Morale, Welfare and Recreation Center Aug. 26. Golding, a 22-year-old native of Tucson, Ariz., and Churbee, a 22-year-old native of San Antonio, Texas, often perform together on the COB's praise team. (Photos by Sgt. Keith M. Anderson)*

alry Regiment. "They raised us, they are our mothers and sisters, so why shouldn't they be equal, why shouldn't they be represented in Washington, D.C.?"

## 630th MPs awarded for blood donations



On Aug. 15, 2008, 630th MP CO. was recognized for their contribution to the Bavarian Red Cross blood drive, supported by the American Red Cross, which was held on May 20. Herr Popp, the Bavarian Blood Drive Coordinator, presented a trophy to Capt. Edgar J. Otolara on behalf of his company for having the highest participation in the blood drive event. The American Red Cross appreciates the support of our Soldiers.

## FREEDOM FITNESS FACILITY HOURLY CARE

**8:30-11:30  
TUESDAY  
WEDNESDAY &  
THURSDAY  
BEGINNING  
SEPTEMBER 2ND  
ONE HOUR  
OF CHILD CARE  
DURING YOUR WORKOUT BY  
CERTIFIED FCC  
PROVIDERS  
PLEASE CALL  
469-8035  
FOR ADDITIONAL DETAILS**



## AAFES offers \$500 shopping sprees for a song

The Army & Air Force Exchange Service (AAFES) is issuing a casting call for aspiring entertainers to perform a rap or jingle that could net them a \$500 shopping spree and a chance to be heard on the BX/PX's worldwide television and radio networks.

Open to authorized shoppers 18 years or older, AAFES' rap/jingle contest is a chance for every member of the military community to show off their talents by writing and performing an original jingle or rap song, up to 30 seconds in length.

Submissions to the rap/jingle contest can be about any one of the following four themes:

- What AAFES means to the entrant
- The benefit AAFES provides military shoppers
- The savings found at BXs and PXs (information about the AAFES "value



story" is online at <http://www.aafes.com/docs/valuestory.htm>

- What the AAFES "Community Connection" means to the military community (background on the "Community Connection" is available at <http://>

[www.aafes.com/Patriot\\_Family/home.asp](http://www.aafes.com/Patriot_Family/home.asp)

"Ultimately, twelve of the best entries will be incorporated into AAFES' marketing efforts throughout 2009," said AAFES' Chief Marketing Officer Mat Dromey. "Each of the twelve winners will receive a \$500 AAFES shopping spree and stand an excellent chance of hearing their song next time they visit the BX or PX."

Entries will be accepted electronically (through [www.aafes.com](http://www.aafes.com) or [PatriotFamily@aafes.com](mailto:PatriotFamily@aafes.com)) or by mail through Oct. 6. Submissions will be judged on style and creativity, suitability to be an AAFES official jingle, overall performance and the ability to tie-in with AAFES' "Community Connection" and "Value Story" themes. Complete details concerning the AAFES rap/jingle contest, including a selection of approved backing tracks, are available at [http://www.aafes.com/Patriot\\_Family/rapjingle.asp](http://www.aafes.com/Patriot_Family/rapjingle.asp).

**Due to IACS complications, Gate 1 will not open before the beginning of Sept. 2008**

**Gate 1 turnstile is now open for pedestrian exit only.**



## **Community Announcements**

### **Combined Federal Campaign Overseas 2008**



The 2008 campaign runs from Oct. 1 - Dec. 3. Please contact the garrison Directorate of Human Resources at DSN:469-8241 or 7713. Make a World of Difference

### **CFC Unit and Organization Manager's Training**

The Combined Federal Campaign unit and organization manager's training workshop will be held Sept. 16 at 2 p.m. hrs at the Education Center, Building #7047. For more information contact the Directorate of Human Resources at DSN 469-8241/7713/ 8651.

### **Parents Advisory Committee (PAC) Meeting**

The PAC meeting is the quarterly opportunity for parents and CYS representatives to discuss current events and collaborate on the future direction of Bamberg CYS programs. The meeting will be held Thur., Sept. 25 from 11 a.m.-12 p.m.

### **Bamberg Thrift Shop clothing sale**

Bamberg Thrift Shop is having a \$3 Bag Sale on all summer clothing from Aug. 17-31, and from Sept. 1-15 the Bag Sale will be only \$2!

### **V.A. Benefits Briefing**

Ask the experts. Attend the next ACAP V.A. Benefits Briefing on from 8 a.m. to noon on Sept. 25 and Nov. 6 at the Reel Time Movie Theater. A representative from the Department of Veterans Affairs will provide an overview of V.A. programs and services and will answer questions as well. Open to the entire community. For more information call ACAP at 469-8925 or see us online at <https://www.acapexpress.army.mil>.

### **VA/DTAP Briefing**

ACAP will sponsor a briefing on the V.A. Disability Transition Assistance Program (DTAP) from 1 to 3 p.m at Preston Hall on Sept. 25 and Nov. 6. A representative from the Department of Veterans Affairs will discuss the Vocational Rehabilitation & Employment Program. This is an opportunity for transitioning soldiers who are considering filing a disability claim with the V.A. to find out about program procedures. Call ACAP at 469-8925 for information or to register or you can register online at <https://www.acapexpress.army.mil>.

### **DOL/TAP Workshop**

The Army Career and Alumni Program (ACAP) is offering 2.5-day DOL job assistance workshops for separating and retiring Soldiers from 8:30 a.m. to 4:30 p.m (final day ends at 12:30 p.m.) at Preston Hall on the following dates: Sept. 16-18, Nov. 18-20 and Dec. 9-11. All participants must complete pre-separation counseling prior to enrolling in this course. Please call your Bamberg ACAP Office for more information at DSN: 469-8925.

### **Federal Job Application Seminar**

Interested in applying for a job with the Federal Government? The Federal Government requires a specific application which is different from what most civilian employers want. ACAP will hold a seminar to teach you how to apply for these jobs from 1 to 3 p.m. on Sept. 8 and Nov. 3. Interested persons must have completed the TAP Workshop prior to this seminar. For more information or to register, call ACAP at 469-8925 or register at <https://www.acapexpress.army.mil>.

### **School House Antique Sale**

The Bamberg Elementary School PTA and the Bamberg Aqua-Barons Swim Team will hold a fundraiser antique sale on Sat. Oct. 4 from 10 a.m. to 5 p.m. at the BES cafeteria. Concessions will be available. This event is open to all garrison community members and their guests. For more information, contact Stephanie Leeds at [stephanie.leeds@us.army.mil](mailto:stephanie.leeds@us.army.mil).

### **American Citizen Information Night at the U.S. Consulate General**

American Citizen Information Night at the U.S. Consulate General in Frankfurt Tue., Sep.16, from 5 to 7 p.m. Americans residing abroad and their immediate family members are invited to attend this event to learn more about our services for American citizens. Please make sure to bring your passports or other identity cards. For more information about this event, directions, and information on the U.S. Mission to Germany in general, please visit us on the Internet at <http://frankfurt.usconsulate.gov>.

## **Closures / Changes**

### **Now providing breakfast on a trial run!**



Mon. through Fri. from 8 to 10:30 a.m. Menu includes various combinations and platters, eggs to order including omelets, breakfast sandwiches, hash browns and pancakes.



Army & Air Force Exchange Service

Open Mondays beginning Sep. 8 from 10 a.m. -7 p.m.

## **Weekly Reminders**

### **Bring two ID's to enter gate 2**

The USAG Bamberg Force Protection Office reminds all ID card holders looking to enter through gate 2 (Zollnerstrasse) to present a second form of photo identification to gain entry. Guest sign-ins and those with only one form of identification will be directed to gate 3 (main gate). Gate 2 is open for all incoming and outgoing pedestrian traffic from 6 a.m. to 6 p.m., Mon. through Fri., gate 2 is being utilized during gate 1 (Weissenburgstrasse) construction which is expected to open by early Sept.

**Send your Bamberg area classifieds to the Warner Weekly  
at [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)! See page 9 for submission guidelines.**

### Veterinary facility's hours

Bamberg Veterinary Treatment Facility's hours of operation are: Mon., Wed., Fri. from 9 to 11:30 a.m. and 1 to 3:30 p.m. Thur. from 1 to 3:30 p.m. By appointment only. No walk-in appointments available. Closed for surgery on Tue. and training Thur. mornings. The clinic is closed on the last weekday of the month for inventory, as well as all American and training holidays. Hours are subject to change due to military and training events. Over-the-counter products and prescriptions may be purchased during regular hours of operation. Due to the high demand for appointments, please notify the clinic of cancellations 24 hours in advance. In case of emergency, please contact any off-post veterinarian. A list of off-post veterinarians is available at the clinic. For more information or to schedule an appointment please call CIV:0951-300-7972 during operating hours.

### Kids & Teens

#### Child and Youth Fest

Child and Youth Services will co-sponsor a Child and Youth Fest on Sat, Sept. 13. Lunch will be served at 1-2 p.m. There will be games, refreshments, arts & crafts, water games, prizes, music, and entertainment. No preregistration required. This event is held in cooperation with the Boys & Girls Clubs of America.

#### Join Bamberg Cub Scouts



Bamberg Cub Scouts are looking for new recruits. You are invited to our Open House on Thur., Sept. 4 at 6:30 p.m. or email [BambergCub-Scouts@googlemail.com](mailto:BambergCub-Scouts@googlemail.com) for information on joining.

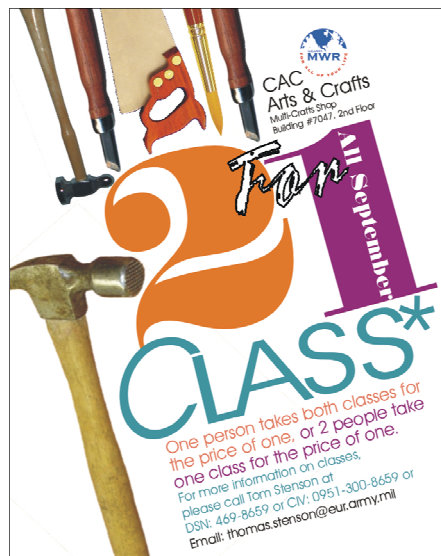
[Scouts@googlemail.com](mailto:BambergCub-Scouts@googlemail.com) for information on joining.

#### Bamberg AquaBarons Swim Team

The Bamberg AquaBarons Swim Team are part of the EFSL (European Forces Swim League - <http://swimefsl.org/>) and are open to children ages 6-18 who desire to swim competitively, traveling throughout Europe. Swimmers are broken into two skill levels. It is not for those who need swim lessons. Practice for the 2008 season just began at the AquaRiese in Bad Staffelstein (<http://www.aquariese.de/>) on Tue. and Thur. from 4:30 to 7:30 p.m. There will also be dry land training on Fri. from 5-6 p.m. on post. The first swim meet will be at Baumholder

(hosted by the Kaislautern Kingfish team) on Sat., Sep. 13. For registration information and questions, please e-mail: [bamberg-aquabarons@yahoo.com](mailto:bamberg-aquabarons@yahoo.com). Please contact the team at the above email prior to showing up for practice.

### Entertainment and Leisure



#### Family Day Bowling

Birchview Bowling Center has Family Day bowling on Sundays from 12 to 9 p.m. Discount game fees and free shoes.

#### Soft Tip Darts Tourney

A Soft Tip Darts Tourney will be held Fri., Sept 26 at the Moonlight Cabin. Sign up between 6-7 p.m. Entry fee is \$10. The tournament is 301 Masters Out, Best of 3 Games, One Payout per every 8 entries.

#### PWOC fall kick-off meeting

Bamberg Protestant Women of the Chapel (PWOC) invites all ladies to its Fall Kick-off on Wed., Sept. 3, from 9 -11 a.m. Come join us for praise & worship, fellowship, food and fun! Sign up for your Bible study class! Free childcare will be available in the chapel! Please come and bring a friend!

### Continuing Education

#### University of Phoenix offers online and onsite courses

University of Phoenix is offering graduate degrees on site\* and online. Located at

Warner Barracks Education Center. University of Phoenix, bldg. 7047, Room 309 from 7:30 a.m. - 4:30 p.m. or contact DSN 469-9280 or [Joline.Powell@Phoenix.edu](mailto:Joline.Powell@Phoenix.edu).

- Master of Business Administration\* (begins Aug. 27)
- Master of Arts in Education/Curriculum & Instruction\*
- Master of Arts in Education/Elementary Teacher Certification
- Master of Arts in Education/Secondary Teacher Certification
- Master of Arts in Education/Early Childhood Education
- Master of Arts in Education/Special Education
- Master of Arts in Education/Administration & Supervision
- Master of Arts in Education / Adult Education & Training

#### UMUC – Europe Philosophy 140

Philosophy 140 - Contemporary Moral Issues (3 s.h.) will meet Mon. and Wed. from 6:30 - 9:30 p.m. Aug 25 - October 15. PHIL140 is an exploration of how philosophical analysis can be a foundation for thinking clearly about moral issues. Problems approached analytically include such widely debated issues as abortion, euthanasia, the death penalty, homosexuality, pornography, reverse discrimination, business ethics, sexual equality, and economic equity. Charles Newkirk, the instructor, received a Bachelor of Science from the United States Naval Academy and a Master of Arts from the University of Maryland. He has taught with the European Division of the University of Maryland since 1972. Syllabus can be viewed at <http://www.ed.umuc.edu/syllabi/2088/PHIL140E10186938.htm>. For more information, contact Alfred Vazquez at DSN:469-7466 or CIV:0951-300-7466 or email [avazquez@ed.umuc.edu](mailto:avazquez@ed.umuc.edu). Classes are held at Bamberg Education Center, bldg 7047.

#### Narrative Therapy workshop

European Branch - American Counseling Association will hold a two day workshop on Narrative Therapy as an intervention with bipolar disorder on Sep. 20-21 at Landstuhl Learning Center, Landstuhl Regional Medical Center. A certificate for 15 Continuing Education Unit's will be

**COMING SOON! The USAG Bamberg electronic marquee is under construction!**  
Please bear with us while we complete the installation process!

provided upon completion of the Learning Institute. Evadne Ngazimbi will be the presenter for this Learning Institute. For more information or to register, contact Susan Stammerjohan at WK:06371867629, CELL:0171-7535578 or email: [sassysusan-na61@yahoo.com](mailto:sassysusan-na61@yahoo.com).

## **Health and Fitness**

### **Podiatrist at Bamberg Health Clinic monthly**

The MEDITEAM Podiatrist will be at the Bamberg Health Clinic for insole and insert fittings for active duty Soldiers the first Wed. of every month. Please sign up at the front desk. For more information, contact the Bamberg Health Clinic at DSN:469-9215.

### **Red Cross needs station chair leader**

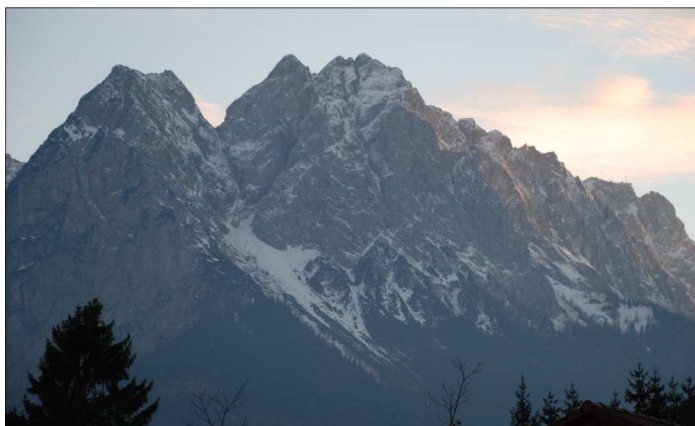
The American Red Cross is in need of a station chair leader. Apply if you are interested in this position by contacting the American Red Cross: 0951-300-1760.

### **Volunteers needed**

The American Red Cross needs volunteers! They need reliable, responsible, and proactive individuals who can give at least 20 hours a week of their time.

## **Trips and Travel Opportunities**

### **Take a trip with Bamberg Outdoor Recreation (ODR)**



*The Zugspitze, the highest peak in Germany is located near Garmisch, Germany. Photo courtesy John Reese.*

### **Aug. 29– 31 Conquer the Zugspitze \$225**

Conquer the Zugspitze, the highest peak in Germany, on a quick weekend trip. You will depart Friday evening, Aug. 29, camp in Garmisch (tents will be provided), hike to an Alpine Huetten on Sat., Aug. 30 and to the summit on Sun., Aug. 31. You are responsible for meals during the hike with the exception of dinner on Saturday. Please pack accordingly. For more details, please contact Outdoor Recreation staff.

### **Sept. 6 White water kayaking \$25**

Want to learn to white water kayak? Join us for a beginning white water kayaking trip to the Little Swiss on Sept. 6. Bring your food,

drinks and dry clothes. The price of this trip is \$25 and includes transportation, instruction and necessary equipment.

### **Sept 9 & 23 Mountain biking FREE**

Join ODR staff for mountain bikes rides on Sept. 9 and 23 in the nearby woods. Rides are 2 hours long, variable terrain. Bring snacks & drinks. Bikes are at no charge. Come at 5 p.m., if you need a bike.

### **Sept. 11 Tour under Bamberg \$20**

Come take a unique tour under the city of Bamberg on Thur., Sept. 11. Tunnels are cool and damp, please wear warm clothing - bring flashlight. Departs CAC at 5 p.m.

### **Sept. 13 Berlin day trip \$20**

Join ODR for a day of sightseeing in Berlin on Sept. 13, with a tour guide included. Departs CAC at 4 a.m., Returns 11:30 p.m.

### **Sept. 20 Main River paddle \$20**

Join ODR for kayaking on the Main River Sept. 20. Pack a lunch & snacks. Departs CAC at 9:30 a.m., Returns 4 p.m.

### **Sept. 20 Oktoberfest, Munich \$25**

Join ODR on Sept. 20 for the opening day of the world's largest beer fest. Watch the parade, and partake in the festivities. Departs CAC at 8 a.m., and returns at 2 a.m. Sunday.

### **Sept. 27 Day hike \$15**

Hike the natural trail along the Hirschbachtal Hohlenrundweg's 15K and 20 caves on Sept. 27. Wear durable clothes, hiking shoes, and pack your lunch, snacks, drinks, and plenty of water. Departs CAC at 9 a.m., and returns 5:30 p.m.

*You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, bldg. 7047.*

\*All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted

## **Family Friendly Trips and Tours**

All trips and tours depart from and return to the Community Activity Center (CAC).

### **Aug. 30**

Grafenwoehr shopping trip - Depart: 9 a.m. Depart from Graf PX parking lot: 3 p.m.

**AAFES**  
Army & Air Force Exchange Service

***Open Mondays beginning Sept. 8***

***from 10 a.m. - 7 p.m.***

**Place a classified! Send an email to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)**



## Outside the Gate

### Weekend Events in and around Bamberg for Aug. 29-Sept. 7

Frequently used locations can be found online at [www.bamberg.army.mil/sites/map.pdf](http://www.bamberg.army.mil/sites/map.pdf)

#### Thursday - Monday, Aug. 28 – Sept. 1

Kirchweih (community festival) in Bischberg/Weipelsdorf, Seigendorf, Sassendorf, Unterleiterbach and Schesslitz from Aug. 28 – Sept. 1.

#### Friday, Aug. 29

- 4-12 p.m. Street fest, food and beverages provided Judenstrasse.
- 8 p.m. Harry Hirsch Duo in concert, Bamberg Blues Bar, Obere Sandstrasse 7
- 6 p.m. "The Magic Flute" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30
- 11 p.m. Hotter Scorcher in concert, Bamberg Morph Club, Siechenstrasse 7a

#### Saturday, Aug. 30

- 10:30 a.m.-12 p.m. Street Fest, flea and hat market, food and beverages provided, Judenstrasse
- 10 a.m. Garden festival and summer market, castle park, Ebelsbach-Gleisenau
- 12 p.m. Organ concert at the Bamberg Cathedral (Dom)
- 3 p.m. "The Jungle Book" (in German), Bamberg, Chapeau Claque Theater
- 7 p.m. Wine fest, castle park, Ebelsbach-Gleisenau. More information at [www.gartenfestival-im-Schlosspark.de](http://www.gartenfestival-im-Schlosspark.de)
- 7:30 p.m. Rose garden serenades, Bamberg Rosengarten (near Bamberg cathedral Dom)
- 7:30 p.m. "The Sandmann" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30
- 8 p.m. Ui in concert, Bamberg Blues Bar, Obere Sandstrasse 18
- 11 p.m. Beat Virus at Bamberg Morph Club, Siechenstrasse 7a

#### Sunday, Aug. 31

- 10 a.m. Garden Festival and summer market, castle park, Ebelsbach-Gleisenau
- 11 a.m. "Snow White and Rose Red" (in German) at the Puppet-on-a-String-Theater, Untere Sandstrasse 30
- 2 p.m. Wine fest at "Moesthaeusla"(guesthouse Brehm), Bischberg, Tuetschengereuth
- 2:30 p.m. Summer fun, picnic, at Seehof Castle, Memmelsdorf
- 3 p.m. "The Jungle Book" (open air), Chapeau Claque
- 8 p.m. Florian Baessler in concert at Bamberg Blues Bar, Obere Sandstrasse 18

#### Friday, Sept. 5

- 5 p.m. Taekwon Do (summer vacation class) Studio 32, Bamberg
- 6 p.m. Wild herbs cooking class, Hauptstrasse 2, Pommersfelden
- 6:30 p.m. Kirchweih (community festival) in Hirschaid, Festplatz Hirschaid
- 7 p.m. "Genoveva" (in German) at Puppet-on-a-String-Theater, Bamberg, Obere Sandstrasse 30
- 7:30 p.m. 30th anniversary of Kerwa Fire department, Fest ground Hirschaid
- 8 p.m. Morgan Finlay in concert at Blues Bar, Bamberg, Obere Sandstrasse 7
- 9 p.m. "The Caroloregians" in concert at Sound'n Arts, Bamberg
- 11 p.m. "You Deserve Better!" in concert Morph Club, Bamberg, Siechenstrasse 7a

#### Saturday, Sept. 6

- 8 a.m. Pilgrimage to Vierzehnheiligen (Fourteen Saints Church). Begins at Tuetschengereuth church
- 10:30 a.m. Volks- and costumes association (from the Alps) at Neptune fountain, Bamberg

- 11 p.m. "Snow white and Red rose" at Puppet-on-a-String-Theater, Bamberg, Obere Sandstrasse 30
- 12 p.m. Organ concert at the Bamberg cathedral (Dom)
- 2 p.m. Kirchweih (community festival) in Geisfeld and Hirschaid (fest ground)
- 2 p.m. Wine fest in Strullendorf, Hauptsmoorhalle
- 6 p.m. 30th anniversary of Kerwa Fire department, Hirschaid, fest ground
- 7 p.m. "Prince Red Rose and Princess Lily white" (in German) at Puppet-on-a-String-Theater, Obere Sandstrasse 30
- 7:30 p.m. Rose garden Serenades at Bamberg Rosengarten (next to Bamberg New Residence)
- 8 p.m. "No Lyrics" in concert at Bamberg Blues Bar, Obere Sandstrasse 30
- 11 p.m. "Rex Report" at Morph Club, Bamberg, Siechenstrasse 7a

#### Sunday, Sept. 7

Thresh fest in Drosendorf

- 1 p.m. Family day at Little Switzerland Museum, Pottenstein
- 11 a.m. "Snow White and Rose Red" (in German) at the Puppet-on-a-String-Theater, Untere Sandstrasse 30
- 2 p.m. Wine fest at "Moesthaeusla"(guesthouse Brehm), Bischberg, Tuetschengereuth
- 2:30 p.m. Summer fun, picnic, at Seehof Castle, Memmelsdorf
- 3 p.m. The "Jungle Book" (open air), Chapeau Claque, Bamberg
- 5 p.m. Fall concert at the St. Stephan's church, Bamberg
- 8 p.m. "Arek Frog" in concert at Bamberg Blues Bar, Obere Sandstrasse 18

#### Maisel Brewery cannot be saved

The efforts of the insolvency administrator to save the Maisel Brewery in Bamberg did not work. On Thursday, the entire company estate and other real property including guesthouses were sold to another Bamberg company. This company will establish modern lofts in the historical facilities and built more houses with less usage of energy. The Maisel Brewery was founded in 1894 and formed the city picture with its distinctive brick buildings.

#### Bamberg's fisherman regains jousting title

Markus Kropf saved the honor of the Bamberg jousting people at the Sandkirchweih. He brought the title back to Bamberg after the fishermen from Schliersee won the jousting competition in 2007. Kropf, a member of the well-known fisher dynasty in Bamberg, won this title six times before, and he was so happy about it that he just jumped into the river. Thousands of spectators watched the event.

#### "Rip off" at Bamberg's train station

Parking without a parking ticket can become expensive at Bamberg's train station. Anybody who forgets to buy a parking ticket could look at a fine of 23 Euros or more since it is private property. Lawyers of the ADAC (Automobile Club) think that is not correct, because it is not covered by the BGB (Civil Code). But as long as nobody challenges these regulations with a law suit it continues to be an "expensive" parking spot should somebody forget to pay for the parking ticket.

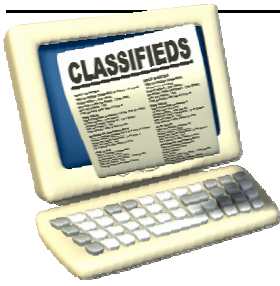
#### True Sandkerwa fans

USA Garrison commander Lt. Col. Gary Rosenberg and his wife Carol completed a proper Sandkirchweih marathon. They planned to participate on all five days with or without their children, even if it rained. The couple loves the incredible flair of the Kerwa and they especially admire the beer. "There is always something going on here and that is fun," said Rosenberg.

#### Lot in Bamberg-South to be covered with buildings

A 5,000 square meter large lot is one of the last undeveloped areas in Bamberg and is located South of Muenchner Ring. There are no investors yet but the city of Bamberg has an exact idea of the development of the property.





## ESTATES CLAIM

### Hutton, Pvt. Timothy John

Anyone having any claims on or obligations to the estate of Private Timothy John Hutton of FSC, 54th EN BN, 20th EN BDE, should contact the Summary Court Martial Officer, 2LT Donald G. Snively, at DSN 469-9041.

## AUTOMOBILES FOR SALE

Ford Escape 2003, 4dr, White, 67,000 miles, us specs, automatic. In great condition, inspection current. Available end of September. \$7,800 Contact kathryn.carter@amedd.army.mil.

2001 Ford Windstar LX van. 57,300 miles. Great condition. A/C Power windows, door locks and steering. ABS. Tinted windows. 7 passenger. AM/FM CD. Runs strong on Autobahn. Never let us down. Asking \$6,000. 0951-2974241 or 0163-8091683.

'89 Black BMW 500 series, power windows and locks, sunroof, brand new front and back brakes. Some work required, this is not a car for someone who can't change their brakes or oil. Paid \$1700 one year ago, asking \$700. For more details email aaronbr@hotmail.com.

Honda Accord EX, '04, 42,000 miles, dual electric / heated seats, in dash 6 CD changer, moon roof, 1 owner, \$15,000. Please contact 0951-297-1203.

Hyundai Accent 2dr 1998. \$1750. 57,000 miles, US Specs, manual transmission. Good second car. Service Documents on hand. Looks great and runs great. Inspection good through March 2009. 0151-175-44266.

2004 Chevy Venture Van, White, AC, Automatic, US Specs, Excellent Condition, 30,000 miles, \$10,000 OBO. Call 0170-7219159 or 09546594733.

White and silver 2007 Honda Shadow Aero. Bike has been well taken care of; I will be happy to show you it. Has never been dropped or damaged. All scheduled maintenance has been kept up as well. VIN can be provided to maintain integrity. As of now the bike only has 1442 miles on it! Odometer reading is as of 07 June 2008. Expected accumulated average mileage for a motorcycle of this model year and engine displacement is 10,600 miles. This is truly a steal! Kelley Blue Book Trade-In value for this bike is \$3,840 and the KBB Retail is \$5755. Average of the two is \$4,700; asking price is \$4,800. If you are interested please send me an email at jonathan.galchik@us.army.mil or call at (0951) 301-5698.

## EMPLOYMENT

American Publishing Co. EST. 1917 is looking for a representative for our display in your local PX. Applicants must be of good appearance, friendly and have a good personality, also have a current ID card and own transport. This can be either a part-time or fulltime position. No experience needed as full training is given. Excellent hourly wages. Please contact John at 0172-669-4419 or email: world-bookJM@aol.com.

HP/Compaq demonstrator/merchandise for home office equipment (peripherals, software, etc.) Flexible hours, part-time, some weekend hours. Basic PC knowledge is required. Please send a resume or a short description of prior work experience to: eric.glavic@getmarketing.com.

Contract positions are available with the Bamberg Community Chapel in Catholic and Protestant watch care providers, need CPR, first aid, background check; need Catholic priests. For more information, call 469-1570 or 0951-300-1570.

Bamberg AAFES locations are accepting applications for entry level retail and food service positions. Join the team, log on to www.aafes.com today and be part of our new workforce of tomorrow!

Community Bank, operated by Bank of America, is hiring bank tellers. Bank of America is an employment opportunity employer. For more information, contact direct recruitment at the banking center at CIV: 095137061.

## FOR SALE

Coach Purses x3, each used twice, large brown includes wallet, med black includes wallet. Small brown. Email for pictures and low prices PX does not have these. kathryn.carter@amedd.army.mil

\*PCS SALE\* 220V Air Conditioner, free-standing with mobile wheels. Works Great! \$275, 220V ELTA heater/fan \$20, set of 2 IKEA paper lamps (very modern/nice for an asian appeal) \$25, IKEA picture light (neat for a big picture) \$25, 220V Iron \$8, 220V Fan \$10, small stand w/ drawers & cabinet \$25, Armoire-Dresser-Nightstand-MAKE US AN OFFER! We also have transformers however will be using them until HHG are picked up so call/email us if you are interested! \*PCS SALE\* Call 0951-297-2203 or email non\_nhoj@yahoo.com

For sale baby swing-\$10.00, Baby Einstein Discover & Play-\$30, Pack & Play-\$25, Double Stroller-\$40, Bassinet-\$30, Monitor video (new) \$50.00. Lots of boy clothes. Pictures available. Call 0951-297-2036 or email reyesivonne07@yahoo.com.

Maya wrap. Purple shades. Has not been used. Comes with instructional DVD. Paid \$50. Asking \$30. Please email casmarid@yahoo.com. German bed, 160cm x 200cm, in great condition with 2 fairly new latex mattresses and large storage areas inside bed frame. Asking price is \$600.00. Must sell! Pick up only! Bamberg area. Can email pics. 0175-7914858.

900MHZ Hp pavilion desktop computer with monitor, keyboard, mouse and speakers. Good condition. Asking \$350.00. Brand New Dual 12 inch Band pass subwoofer box. \$150.00 MUST SELL! Bamberg Area. 0175-7914858.

German room shrank, four door (90" tall x 26" wide x 132" long). Two doors with full length mirrors. Paid \$500 a year ago, selling for \$200 obo. MUST SELL! Can email photos. Call 0951-297-6645. No delivery. Bamberg.

## SERVICES AVAILABLE

Due to legal regulations regarding advertising of commercial services, we will no longer be able to place advertisements for home based services in the Warner Weekly. For more information see AE Reg 210-70, para 10.a. which prohibits DoD funded publications, other than commercial enterprise publications (the Warner Weekly is not yet a commercial enterprise publication), from carrying commercial advertising. These DoD-funded publications include newspapers, magazines and all other publications funded with appropriated funds.

## MISCELLANEOUS

Have a passion for dancing Salsa, Merengue, Bachata and live within the Bamberg, Schweinfurt, Vilseck areas? Looking to form a DANCE group to keep each other informed of Latin Nights or Salsa events in the Bavaria region and perhaps even carpool to some events. Not for gossip or singles meet - just pure dancing. Spanish speaking not required! For more information go to http://groups.yahoo.com/group/dancelatinmusicbavaria.

Centro Cristiano Bamberg, Casa de Dios y Puerta del Cielo, Pastors JC & Mariet Perez \* located at 35 Jäck Strasse, 96052 Bamberg, Tuesdays Circle of Prayer, 7 p.m.; Fridays Service, 7 p.m.; Sunday School, 2 p.m.; and Sunday Service at 3 p.m. Church Number 0160-438-5011 or visit us at

www.Centro-Cristiano-Bamberg.com. Dios les Bendiga.

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Wednesday night Bible studies are at the chapel from 5:20 to 7 p.m. Come join us as we worship, celebrate and get to know our Lord. Call Traudi Figura at 469-1570.


## AD SUBMISSIONS

The Warner Weekly is now offering the USAG Bamberg community another outlet for their classified advertising needs. We present this week's ads courtesy of the Bavarian News, but our goal is to provide you, the Bamberg community, a direct outlet for your classified needs. If you have something you want to advertise in the classified section please e-mail your submissions to bambergpao@eur.army.mil.

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services, home-based businesses, or other private off-post entities.

We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, please email us at bambergpao@eur.army.mil.

**Installation Management Command**



**TERRORISM**

**SEVEN SIGNS AND SIGNALS**

- Surveillance
- Seeking Information
- Tests of Security
- Acquiring Supplies
- Suspicious People
- Dry Runs
- Deploying/Getting into Position

**Force Protection Thought of the Week**

**Send your Bamberg area classifieds to the Warner Weekly  
at bambergpao@eur.army.mil!**

## Energy

(Continued from page 1)

In order to accomplish these savings these men planned and then implemented a process to control temperatures, (heating) set points, nightly (temperature) set back and more throughout USAG Bamberg.

The plan called for heat management to become the responsibility of the building operator rather than the building occupant (in other words, the unit that was currently housed there). In the event of deployments these buildings would be either minimally occupied or vacant. As a result, the heating management could go unchecked for some time resulting in unnecessary heating of vacant buildings and vacant areas of minimally occupied buildings.

The key to managing unoccupied buildings is information flow. Bringing down information to the system operators is critical. According to the new developed process, the energy team was now in continuous contact with the master planning office to get the latest information about staging and deployment actions. As a

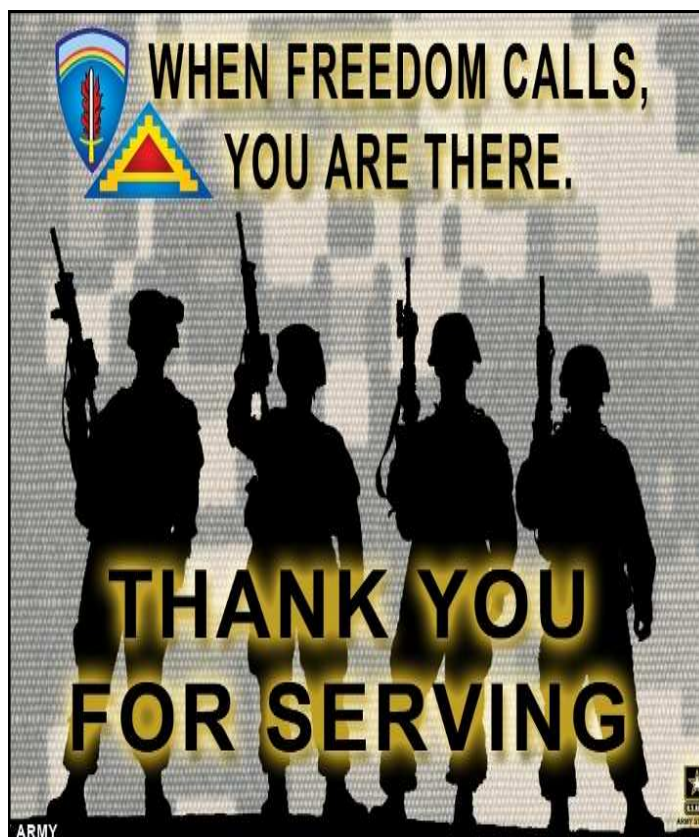
result, unoccupied buildings could be identified and the appropriate actions taken. In some cases it was even possible to consolidate semi-occupied buildings. That led to energy conservation by reducing building temperatures during the heating period because vacant buildings were only kept out of freezing range to prevent water pipe damage.

The development of a heating system optimization plan was a little more complicated and involved a bundle of actions including the replacement of circulation pumps with high efficiency models as well as the continuous adjustment of the heating system in accordance with building operation. Also the change to a new generation of heating- controllers was included. This new generation of controllers is able to determine low demand times and set back temperatures automatically. USAG Bamberg developed a priority matrix for the replacement of controllers and so the existing meters could be hooked up to the UEMC system to get real time consumption data for energy management.

Another item these men focused on was the area of educating the energy consumer. Energy conservation affects everybody at an installation. There are many players in the mix, for example users, building coordinators, occupants etc. USAG Bamberg is working to train everybody about energy conservation. Together with the environmental office a program to teach elementary school kids was initiated as well as the training of building energy monitors. The purpose of these trainings is to educate people to take ownership to energy saving goals.

In the end everyone wins because those energy savings reduce air pollution by 2850 tons of carbon dioxide. With the calculation that one tree can compensate the amount of 500 kg of CO<sub>2</sub> per year, the USAG Bamberg's energy savings are equal to the planting of 5700 trees.

			
AAFES Reeltime Theater is CLOSED Tue. and Wed.			
Thur.	Aug 28	The Love Guru (PG-13)	7 p.m.
Fri.	Aug 29	The Incredible Hulk (PG-13)	7 p.m.
Sat.	Aug 30	Star Wars: The Clone Wars (PG)(1st run)	4 p.m.
		The Incredible Hulk (PG-13)	7 p.m.
Sun.	Aug 31	Star Wars: The Clone Wars (PG)(1st run)	4 p.m.
		The Happening (R)	7 p.m.
Mon	Sept. 1	Star Wars: The Clone Wars (Pg) 1 <sup>st</sup> Run	7 p.m.
Thur	Sept. 4	The Love Guru (Pg-13)	7 p.m.
Fri	Sept. 5	The House Bunny (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Sat	Sept. 6	Kitt Kittredge: An American Girl (G) 1 <sup>st</sup> Run	3 p.m.
		The House Bunny (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Sun	Sept. 7	Kitt Kittredge: An American Girl (G)	3 p.m.
		The House Bunny (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Mon	Sept. 8	Wanted (R)	7 p.m.
Thur.	Sept. 11	Wanted (R)	7 p.m.
Fri.	Sept. 12	Death Race (R) 1 <sup>st</sup> Run	7 p.m.
Sat.	Sept. 13	Wall-E (G)	4 p.m.
		Death Race (R) 1 <sup>st</sup> Run	7 p.m.
Sun.	Sept. 14	Wall-E (G)	4 p.m.
		Hancock (Pg13)	7 p.m.
Mon.	Sept. 15	Death Race (R) 1 <sup>st</sup> Run	7 p.m.
Thur.	Sept. 18	Mama Mia (Pg-13)	7 p.m.
Fri.	Sept. 19	Babylon A.D (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Sat.	Sept. 20	Journey To The Center Of The Earth (Pg)	4 p.m.
		Mama Mia (Pg-13)	7 p.m.
Sun	Sept. 21	Journey To The Center Of The Earth (Pg-13)	4 p.m.
		Babylon A.D (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Mon.	Sept. 22	Babylon A.D (Pg-13) 1 <sup>st</sup> Run	7 p.m.
Thur.	Sept. 25	Hellboy 2: The Golden Army (Pg-13)	7 p.m.
Fri.	Sept. 26	Hellboy 2: The Golden Army (Pg-13)	7 p.m.
Sat.	Sept. 27	Space Chimps (G)	4 p.m.
		The Dark Knight (Pg-13)	7 p.m.





## Make your military health benefit work for you: where to go for help

The U.S. Army Health Clinic Bamberg is fully committed to providing the best medical care and services for the Bamberg military community. In the observance of the Healthcare Benefits Awareness Month, we wrote this article to inform military personnel, families, Department of Defense civilians, military retirees and other authorized beneficiaries about healthcare options available to them in Europe. Our goal is to make sure everyone who is eligible for military health benefits understands how to get care when they need it. If you have any feedback, please contact LTC Gahol, Commander, USAHC Bamberg, at pab-lito.gahol@us.army.mil.

### Verify Eligibility: Update DEERS

The Defense Enrollment Eligibility Reporting System, or DEERS, is the system used to determine who is eligible for many military benefits, including health care. It is essential to keep your DEERS information current to ensure that you and your family members remain eligible.

You should check your DEERS information annually, and be sure to update DEERS whenever your family or career status changes. It is especially important after a move, when a child is born or adopted, you are married or divorced, and your career status changes—for example a promotion or retirement.

You can update your address any time by going online. To make any other changes, visit your local ID card facility. Address changes can be made online at [www.tricare.osd.mil/DEERS](http://www.tricare.osd.mil/DEERS). Use APO address not your German mailing address.

Other changes must be made at the ID Card Office in the ACS Building Room 113

### Check Your Coverage

In Europe, active-duty families have two basic options for medical care. Most choose TRICARE Prime because there are no out-of-pocket costs for covered services, and it offers priority access to military medical facilities. TRICARE Prime requires enrollment at TRICARE Service Center located at the USAHC Bamberg. Many of you probably enrolled during in-processing, but if you're not sure, contact the USAHC Bamberg TRICARE Service Center Medical Services Coordinator Office, Room H119A, Phone DSN: 469-7420 or CIV: 0951-300-7420.

Military retirees in Europe are covered under TRICARE Standard. It is also a good choice for some active-duty families who want more flexibility in choosing a provider. Under TRICARE Standard, beneficiaries

### How to Update DEERS

- Update your address online at [www.tricare.osd.mil/DEERS](http://www.tricare.osd.mil/DEERS)
- Update changes to family or career status at your local ID Card facility



pay an annual deductible—a set amount paid BEFORE TRICARE begins paying. After that, they pay 20 percent of the cost of their care, up to an annual maximum called a catastrophic cap. The amounts of the deductible and catastrophic cap depend on your status, so check with the USAHC Bamberg TRICARE Service Center.

While Standard does involve additional costs, it is still an excellent value compared to commercial plans, which cost thousands of dollars annually and offer less coverage.

Those with families are strongly encouraged to consider the low-cost TRICARE Dental Program, since treatment at military dental facilities is provided to family members on a space-available basis. In Europe, the full cost of most procedures is covered, and the monthly premium is very low. For more information on the TRICARE Dental Program, go to: [www.tricaredentalprogram.com](http://www.tricaredentalprogram.com).

### How to Get Care

When you need care, this is how to get it. Please write these numbers down, and post them near your phones at home. Make sure you know where the emergency room is and how to get there.

Routine Appointments: Call the USAHC Bamberg at DSN: 469-1750 /7772/7977  
CIV: 0951-1750/7772/7977

On-Base Emergency: DSN: 114 (MP's)  
Off-Base Emergency: 0951-300-114 (MP's have a 24 hour translator service)

Nearest Emergency Room: Klinikum am Bruderwald – Bugerstrasse 80 (maps are available at the USAHC Bamberg TRICARE Service Center Medical Services Coordinator's office).

### When traveling

If you have an emergency while traveling — get care immediately. Call the emergency services number or go to the nearest emergency room. You don't need approval for emergency care.

In most cases, you should wait until you return from traveling to get routine care. If you're sick and need urgent (not emergent) care, contact the USAHC Bamberg TRICARE Service Center for guidance—it could save you a lot of trouble and money.

In fact, it's a good idea to contact the USAHC Bamberg TRICARE Service Center

before you go, so you know exactly what to do should the need arise.

Finally, active-duty members traveling in remote locations may contact International SOS if they need medical assistance. Call collect at 0044-20-8762-8133.

### Where to Get Help

Most questions about your medical benefit can be answered by the staff at the USAHC Bamberg TRICARE Service Center. We can also help with filing claims, finding a host-nation provider or resolving problems. If you or a family member is admitted to a host-nation hospital, we can help put you in touch with a patient liaison that can help you bridge any cultural or language challenges that may arise. USAHC Bamberg TRICARE Service Center: First stop for most health care questions — at the health clinic, Room H119A, DSN 469-7420 / CIV 0951-300-7420

Sometimes, you may need to talk to a health care provider during off times. Parents know what it can be like to have a sick child in the middle of the night. The TRICARE Nurse Advice Line lets you call—toll-free—and speak directly to a registered nurse who can help you decide what to do. There is also an audio health library if you just need some basic information. TRICARE Nurse Advice Line: 24/7 Toll Free access to RN. Call 00800-4759-2330

Finally, here are some web sites that offer more in-depth information about your benefit.

For general information about TRICARE in Europe, visit the TRICARE Europe web site at [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil).

To get general information about TRICARE, including what is and is not covered, go to [www.tricare.osd.mil](http://www.tricare.osd.mil).

Use [www.tricareonline.com](http://www.tricareonline.com) to manage your TRICARE benefit, make appointments and track claims.

Use [www.tricaredentalprogram.com](http://www.tricaredentalprogram.com) to get information about the TRICARE Dental Program.

**Sept. 1 - 30 - Listen to the AFN Morning Show (AM 1143) from 8 to 10 a.m. for a daily Healthcare Benefits Awareness "Question of the Day." A correct answer from the first caller puts your name in the drawing for a weekly prize and for the grand prize at the end of September.**

# POST SHUTTLE SERVICE

**EFFECTIVE DATE: September 1, 2008**

WEEKEND / AMERICAN HOLIDAYS / USAREUR TRAINING HOLIDAYS EXCEPT WEDNESDAY 15:00 - 15:45

Bus Stop	Time of Departure										
HQ USAG Bamberg	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00
DPW Bldg. 7115	7:02	8:02	9:02	10:02	11:02	12:02	13:02	14:02	15:02	16:02	17:02
TMP - Bldg. 7102	7:06	8:06	9:06	10:06	11:06	12:06	13:06	14:06	15:06	16:06	17:06
Nieves-Webb DFAC	7:07	8:07	9:07	10:07	11:07	12:07	13:07	14:07	15:07	16:07	17:07
Fitness Center	7:10	8:10	9:10	10:10	11:10	12:10	13:10	14:10	15:10	16:10	17:10
ACS - Bldg. 7029	7:13	8:13	9:13	10:13	11:13	12:13	13:13	14:13	15:13	16:13	17:13
Chapel	7:14	8:14	9:14	10:14	11:14	12:14	13:14	14:14	15:14	16:14	17:14
High School-Tele-Booth	7:15	8:15	9:15	10:15	11:15	12:15	13:15	14:15	15:15	16:15	17:15
Lindenanger Bldg 7638	7:16	8:16	9:16	10:16	11:16	12:16	13:16	14:16	15:16	16:16	17:16
Lindenanger Bldg 7633	7:17	8:17	9:17	10:17	11:17	12:17	13:17	14:17	15:17	16:17	17:17
Buchenstr. - Bldg. 7651	7:18	8:18	9:18	10:18	11:18	12:18	13:18	14:18	15:18	16:18	17:18
Buchenstr. - Bldg. 7657	7:19	8:19	9:19	10:19	11:19	12:19	13:19	14:19	15:19	16:19	17:19
Kiefernstr. House # 26	7:20	8:20	9:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:20
Kiefernstrasse	7:22	8:22	9:22	10:22	11:22	12:22	13:22	14:22	15:22	16:22	17:22
Shoppette	7:24	8:24	9:24	10:24	11:24	12:24	13:24	14:24	15:24	16:24	17:24
Barber Shop	7:25	8:25	9:25	10:25	11:25	12:25	13:25	14:25	15:25	16:25	17:25
Zollnerstr. Bldg 7005	7:26	8:26	9:26	10:26	11:26	12:26	13:26	14:26	15:26	16:26	17:26
Bldg 7920	7:30	8:30	9:30	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30
Ray's Diner	7:34	8:34	9:34	10:34	11:34	12:34	13:34	14:34	15:34	16:34	17:34
Zollnerstr. / near Gate 3	7:35	8:35	9:35	10:35	11:35	12:35	13:35	14:35	15:35	16:35	17:35
Chapel	7:36	8:36	9:36	10:36	11:36	12:36	13:36	14:36	15:36	16:36	17:36
ACS - Bldg. 7029	7:37	8:37	9:37	10:37	11:37	12:37	13:37	14:37	15:37	16:37	17:37
Fitness Center	7:39	8:39	9:39	10:39	11:39	12:39	13:39	14:39	15:39	16:39	17:39
Nieves-Webb DFAC	7:42	8:42	9:42	10:42	11:42	12:42	13:42	14:42	15:42	16:42	17:42
HQ USAG Bamberg	7:43	8:43	9:43	10:43	11:43	12:43	13:43	14:43	15:43	16:43	17:43
DPW Bldg. 7115	7:44	8:44	9:44	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:44

The USAG Bamberg is implementing a new Post Shuttle schedule which is effective 1 September 2008. The new schedule is the result of a 5-month rider/driver survey and subsequent analysis. The new operating hours more effectively meet the transportation needs of our valued customers while at the same time more efficiently use resources, save man hours, and reduce environmental pollution.